

Asian Spicy Steamed Seabass



03:15

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Stainless steel pans, unperforated, 40 mm deep, 3004034

PROFILE

- Chilled 4°C
- 1 Piece
- From Scratch

Stage 1
100 °C

- Steam
- 00:11 | -
- 1

RECIPE

Ingredients

50 g	Coriander
1 pcs	Lemongrass
20 g	Chili Padi (Red)
40 g	Garlic
20 g	Ginger
10 g	Kaffir Lime Leaf
20 g	Lime juice
4 tbs	Light SoySauce
2 tbs	Fish Sauce
1 tbs	Caster Sugar
5 g	White Pepper Poder
50 ml	Water
1 pcs	Seabass (700g)

1. Food Preparation

Blended Asian Marinade Sauce - Blend all ingredients until it is coarse and watery - It can be kept in the fridge and served cold

2. Cooking Instruction

Preheat the combi oven to 100°C Seabass - descale and fillet the fish to "butterfly" so that the fish can be plated nicely - Steam the fish in Convotherm oven for 11mins (approx.) - After the fish is cooked, evenly spread the fish with the Asian Marinade sauce and it is ready to be served.

3. Food Serving Instruction

1 pcs/ for 2 pax you can garnish with coriander/springonion